

Lesson - 8 : Chapter – Managing Anger and Self Control

A. Match the following –

A

B

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| 1- Anger is a completely normal human emotion | (d) |
| 2- Some people have a low tolerance | (a) |
| 3- Out of all moods we experience | (e) |
| 4- In case you get into an argument | (b) |
| 5- When you are angry | (c) |

B. Answer the following questions –

1- What are some events that can trigger anger in us ?

- (i) When their self respect is endangered.
- (ii) When their ego is hurt.
- (iii) When their suggestions are not heeded.
- (iv) When they feel deprived do their right.

2- What did Anup's father tell him to do ?

Ans - Anup's father told "There is a wooden fencing in our backyard. Whenever you get angry go and hammer a nail in that fencing.

3- What is the fallout of venting out anger at someone according to Anup's father ?

Ans. - Anup's father further said "If you stab a person in anger and later apologise for the act, the scar will always remain on his body.

4- What are some ways to help you cool down in case you are angry ?

Ans. - The following steps can help us control anger.

- (i) View the situation differently
- (ii) Accept the circumstance
- (iii) Delay action
- (iv) Quickly settle an argument
- (v) Doing yoga and meditation regularly
- (vi) Deep breathing is very effective in restoring

5- What are some of the actions that you can take to contain the lid of anger ?

Ans. -

- (i) To seek for a solution.
- (ii) Gain some clarity on your thought process
- (iii) Try to remove the physical impulses.
- (iv) Act as a soothing balm and make you more empathic.

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Lesson - 9 : Chapter – Doing things the right way

- A. 1- False
2- True
3- True
4- False
5- False

B. Answer the following questions –

- 1- Why is it good manners to wait for your turn for anything ?

Ans. - Therefore make it a habit to wait for your turn and never break a queue. Show courtesy to others by this good behaviour.

- 2- How do we end up harming ourselves when we damage public property ?

Ans. - We end up harming ourselves by knowing in a democracy we have the right to express our opinion but we do not have the right to damage public property.

- 3- How can be conscientious in saving our environment ?

Ans. - We can be conscientious by using less items of plastics and planting more trees using paper bass cloth bags and jute bags.

- 4- How can we prevent food and water wastage ?

Ans. - We can prevent food and water.

- Not filling up our plates with more than we can eat.
- Not ordering more than what we need.
- Not leaving the taps running at public places.
- Utilising less of water for domestic usage.

- 5- How can citizens cooperate with the police in checking drunken driving ?

Ans. - Citizens can cooperate with the police by giving correct and important information and time to police person.

OR

Ans. - We should make a concerted effort to ensure that people don't do such a thing.

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